

# YOU NEED TO KNOW!

## THINK BEFORE YOU DRINK

### Do your Family a health FAVOR!

The Staff of Nutrition Care Division, Darnall Army Hospital are concerned about the poor health effects of drinking too many sweetened beverages on kids, soldiers and their families. Sweetened beverages are replacing milk in our diets, leading to weaker bones and tooth decay. Sugary beverages are also leading to unnecessary weight gain.

Below are some tips to keeping your wallet FAT,  
your waistline TRIM, and your bones and teeth strong!

- ▶ Drink water to stay hydrated throughout the day or choose other zero calorie beverages.
- ▶ Serve low-fat milk at meals to people 2 years and older (whole milk to kids 1-2 years of age).
  - ▶ The best bone building years occur before the age of 18, but adults need the calcium, too.
- ▶ Serve 100% juice once per day in a small cup (6 to 8 oz.).
  - ▶ While 100% fruit juice is much healthier than soda and fruit drinks, the calories can add up quickly when it's used to snack on through out the day.
  - ▶ Eat fresh fruit instead. (It's easy to drink a 20 oz. bottle of apple juice in one sitting; but could you eat the equivalent 5 apples in one sitting?)
- ▶ Be a role model for your kids by doing the above.
  - ▶ The most powerful influence on a child's eating habits is the parents' eating habits!
- ▶ Serve soda and the wide variety of fruit drinks available as "sometimes" beverages.
  - ▶ Save it as a treat for the end of the school week, or special occasions such as holidays, parties or family gatherings.
- ▶ Never, ever, ever, ever put soda, sweet tea or fruit drinks in your baby's bottle.

Bring Beverages Back in Balance

